

## **Healy's Martial Arts System "The MAGIC 7"** **UNLOCKED and DECODED**

The trouble with trying to cycle or periodize martial arts training with weights training is that you run into recovery problems and how to create an effective balancing act.

Over 40 years of training in both weights, boxing and martial arts I have EVOLVED a SYSTEM and thus created the:

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Over a 7 days period I suggest training 3 days per week is best Mon, Wed, Fri or Tue, Thur, Sat .

In the the Healys System the system is broken down to the following areas or "skills'

- 1)weights training
- 2)Olympic weigh lifting
- 3)Heavy bag work boxing
- 4)Speed ball 5) Break falls 6)Heavy bag kicks 7)Speed-kicks

as an example here is my personal Timetable (my age is 60 years old this year 2015)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sun
					1	
					2	
	3		4		5	
	6		7			
	Normal Class 7.30- 9.30pm		Normal Class 7.30- 9.30pm		Cycling of the "MAGIC 7"	

Now a Normal Class will INCLUDE and be part of the "CYCLE" the Saturday will either be a WORKSHOP (in our case every 6 weeks 3 hrs of concentrated training ) and every other Saturday (my personal training to keep my "skills & drills" SHARP.

**Note: HIGHLIGHTING IS THE MAIN FOCUS OF EACH WORKOUT** other exercises are the supportive back up ,stretching, stiff legged deadlifts etc

**Workout (1)**  
**special Periodized Weights training the Healy's way**

**Workout (2)**  
**Olympic weights training for martial arts**

**Workout (3)**  
**Heavy bag work boxing & kicking the Healy's way**

**Workout (4)**  
**Speed ball (floor to ceiling) Reflex training of a professional boxer**

**Workout (5)**  
**Basic break falls (how to do on hard surfaces) good leg workout by default**

**Workout (6)**  
**POWER/Focus**  
 Combination Kicks and singular kicks on Heavy Bag  
 Jumping Kicks on Heavy bag (Jumping kick 'surprise attacks' are grossly underestimated in the martial arts industry generally yet are 'deadly' when taught correctly)GH

**Workout (7)**  
**SPEED/Focus**  
 Speed Kicks in air (high reps 25 to 50 reps)  
 includes singular kicks and combination kicks

